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SOCIETY FOR CENTRALIZED RECRUITMENT OF STAFF IN SUBORDINATE COURTS
UNDER HIGH COURT OF PUNJAB AND HARYANA
(S.S.C.)



Category	General (UR)
Exam Date	22/11/2022
Shift	1:00 PM - 3:00 PM

Section : General Knowledge

Q.1 Chess Olympiad 2026 will be hosted by which of the following countries?

- Ans 1. Uzbekistan
 2. Tajikistan
 3. Kazakhstan
 4. Mongolia

Question ID : 854916368
 Status : Answered
 Chosen Option : 1

Q.2 Which of the following is/are correct in the context of policy initiatives introduced in the budget for the year 1991-92 for correcting the fiscal imbalance?

- i. Reduction in fertiliser subsidy
- ii. Abolition of subsidy on sugar

- Ans
- 1. Both i and ii are not correct.
 - 2. Only i is correct.
 - 3. Both i and ii are correct.
 - 4. Only ii is correct.

Question ID : 854916348
Status : Not Answered
Chosen Option : --

Q.3 Who among the following was the first Indian to play in the UEFA Women's Champions League?

- Ans
- 1. Manisha Kalyan
 - 2. Soumya Guguloth
 - 3. Pyari Xaxa
 - 4. Dalima Chhibber

Question ID : 854916329
Status : Not Answered
Chosen Option : --

Q.4 In September 2021 which air quality guideline annual mean values of gaseous nitrogen dioxide was set by the WHO to protect the public from the health effects of gaseous nitrogen dioxide?

- Ans
- 1. 20 $\mu\text{g}/\text{m}^3$
 - 2. 30 $\mu\text{g}/\text{m}^3$
 - 3. 10 $\mu\text{g}/\text{m}^3$
 - 4. 40 $\mu\text{g}/\text{m}^3$

Question ID : 854916364
Status : Not Answered
Chosen Option : --

Q.5 Who among the following was the first Indian to clinch a Lausanne Diamond League?

- Ans
- 1. Avinash Sable
 - 2. Neeraj Chopra
 - 3. Nitender Singh Rawat
 - 4. Eldhose Paul

Question ID : 854916369
Status : Answered
Chosen Option : 2

Q.6 Who among the following was awarded with the Ayurveda Ratna Award by the UK Parliament?

- Ans 1. Tanuja Nesari
 2. Mustehasan Saifi
 3. Pritha Mehra
 4. Pankaj Pareek

Question ID : 854916325
Status : Not Answered
Chosen Option : --

Q.7 Which of the following enzymes are starch-degrading enzymes, capable of hydrolysing α -1,4 glycosidic bonds of polysaccharides, that results in the production of short-chain dextrans?

- Ans 1. α -Amylases
 2. Glucoamylases
 3. Proteases
 4. β -Galactosidase

Question ID : 854916361
Status : Not Answered
Chosen Option : --

Q.8 During which five-year plan was the Minimum Needs Programme introduced?

- Ans 1. Third Five-Year Plan
 2. Fourth Five-Year Plan
 3. Fifth Five-Year Plan
 4. Sixth Five Year Plan

Question ID : 854916346
Status : Not Answered
Chosen Option : --

Q.9 Which of the following types of soil covers about 40% of the total area of India?

- Ans 1. Black soil
 2. Laterite soil
 3. Alluvial soil
 4. Red and yellow soils

Question ID : 854916353
Status : Answered
Chosen Option : 3

Q.10 When was the Family Courts (Amendment) Bill, 2022 passed in the Lok Sabha?

- Ans
- 1. 13 September 2022
 - 2. 5 August 2022
 - 3. 30 March 2022
 - 4. 26 July 2022

Question ID : 854916327
Status : Not Answered
Chosen Option : --

Q.11 In June 2022, which of the following countries made the decision to leave the International Space Station after 2024?

- Ans
- 1. Japan
 - 2. Russia
 - 3. China
 - 4. France

Question ID : 854916323
Status : Answered
Chosen Option : 2

Q.12 The Gandhara School of Art or Greco-Indian School of Art was patronised by the:

- Ans
- 1. Chalukya rulers
 - 2. Kakatiya rulers
 - 3. Kushan rulers
 - 4. Satavahana rulers

Question ID : 854916337
Status : Answered
Chosen Option : 3

Q.13 Which of the following is a situation where expansionary monetary policy does not increase the interest rate, income and hence does not stimulate economic growth?

- Ans
- 1. Saturation
 - 2. Peak Value
 - 3. Circular Trap
 - 4. Liquidity Trap

Question ID : 854916343
Status : Not Answered
Chosen Option : --

Q.14 Who among the following was associated with the Chittagong Armoury Raid of April 1930?

- Ans
- 1. Narayani Devi Verma
 - 2. Janaki Devi Bajaj
 - 3. Kalpana Datta
 - 4. Kumari Kusum Gupta

Question ID : 854916332
Status : Answered
Chosen Option : 2

Q.15 Mohiniattam, which belongs to _____, takes its name from the mythic enchantress Mohini.

- Ans
- 1. Jammu and Kashmir
 - 2. Odisha
 - 3. Kerala
 - 4. Assam

Question ID : 854916338
Status : Answered
Chosen Option : 3

Q.16 What was the name of the Indian submarine that was decommissioned in July 2022?

- Ans
- 1. INS Viraat
 - 2. INS Sindhudhvaj
 - 3. INS Valsura
 - 4. INS Visakhapatnam

Question ID : 854916324
Status : Answered
Chosen Option : 3

Q.17 Located between _____, the Bering Strait is the only marine gateway between the icy Arctic and the Pacific Ocean.

- Ans
- 1. Panama and Colombia
 - 2. Alaska and Russia
 - 3. Denmark and Sweden
 - 4. Japan and Russia

Question ID : 854916356
Status : Answered
Chosen Option : 2

Q.18 Which of the following Articles of the Indian constitution is related to the appointment and conditions of the office of a Judge of a High Court?

- Ans
- 1. Article 299
 - 2. Article 302
 - 3. Article 217
 - 4. Article 205

Question ID : 854916367
Status : Answered
Chosen Option : 3

Q.19 Which of the following type of waves propagate through the Earth with a speed of about 15,000 miles per hour and are the first waves to cause vibration of a building during an earthquake?

- Ans
- 1. L waves
 - 2. Both S and P waves
 - 3. P waves
 - 4. S waves

Question ID : 854916358
Status : Not Answered
Chosen Option : --

Q.20 Which of the following planets of the solar system completes one round around the sun in almost 687 Earth days?

- Ans
- 1. Jupiter
 - 2. Uranus
 - 3. Saturn
 - 4. Mars

Question ID : 854916357
Status : Answered
Chosen Option : 4

Q.21 Who is known as the father of Carnatic music?

- Ans
- 1. Tygraja
 - 2. TM Abdul Azeez
 - 3. Manglampalli Balamuralikrishna
 - 4. Purandara Dasa

Question ID : 854916341
Status : Answered
Chosen Option : 4

Q.22 In which of the following events did Devendra Jhajharia win a silver medal in the World Para Athletics Grand Prix 2022, in Morocco?

- Ans
- 1. Discus Throw
 - 2. Long Jump
 - 3. Javelin Throw
 - 4. High Jump

Question ID : 854916331
Status : Answered
Chosen Option : 3

Q.23 Which of the following is an example of tap roots?

- Ans
- 1. Orchids, marigold and bromeliads
 - 2. Maize, marigold and banana
 - 3. Onion, grass and wheat
 - 4. Carrot, radish and beetroot

Question ID : 854916359
Status : Not Answered
Chosen Option : --

Q.24 In which sport did Vikas Thakur win a silver medal at the Commonwealth games 2022?

- Ans
- 1. Table Tennis
 - 2. Wrestling
 - 3. Weightlifting
 - 4. Athletics

Question ID : 854916370
Status : Not Answered
Chosen Option : --

Q.25 In which of the following states is the Khetri Copper Complex located?

- Ans
- 1. Haryana
 - 2. Andhra Pradesh
 - 3. Rajasthan
 - 4. Jharkhand

Question ID : 854916345
Status : Answered
Chosen Option : 3

Q.26 In which of the following rivers was the P17A stealth frigate 'Dunagiri' project launched in July 2022?

- Ans 1. Hooghly
 2. Godavari
 3. Ganga
 4. Krishna

Question ID : 854916326
Status : Not Answered
Chosen Option : --

Q.27 Which of the following companies has taken legal action against Tesla and SpaceX CEO Elon Musk over his decision to terminate a \$44 billion takeover deal in July 2022

- Ans 1. WhatsApp
 2. Twitter
 3. Google
 4. TikTok

Question ID : 854916322
Status : Answered
Chosen Option : 2

Q.28 The Indian National Congress passed the Purna Swaraj resolution in its _____ session on 26 December 1929.

- Ans 1. Lucknow
 2. Lahore
 3. Mumbai
 4. Pune

Question ID : 854916334
Status : Answered
Chosen Option : 2

Q.29 Which of the following statements is correct about the cytoplasm in human?

- Ans 1. It transport the molecules to their specific destination.
 2. It is made up of a jelly-like fluid.
 3. It converts energy from food into a form that the cell can use.
 4. It is network of long fibres.

Question ID : 854916360
Status : Answered
Chosen Option : 2

Q.30 The Kiradu temples are a group of ruined Hindu temples located in:

- Ans
- 1. Rajasthan
 - 2. Bihar
 - 3. Gujarat
 - 4. Madhya Pradesh

Question ID : 854916336
Status : Not Answered
Chosen Option : --

Q.31 Which of the following national waterways is located at the west coast of India?

- Ans
- 1. National Waterway-1
 - 2. National Waterway-3
 - 3. National Waterway-4
 - 4. National Waterway-2

Question ID : 854916354
Status : Not Answered
Chosen Option : --

Q.32 Tennis player Serena Williams, who announced her retirement in August 2022, belongs to which of the following countries?

- Ans
- 1. USA
 - 2. Switzerland
 - 3. Canada
 - 4. Belarus

Question ID : 854916321
Status : Answered
Chosen Option : 1

Q.33 Which of the following combinations of the physical quantity and their unit is NOT correct?

- Ans
- 1. Resistance - Ohm
 - 2. Force - Newton
 - 3. Electric current - Ampere
 - 4. Electric charge - Volt

Question ID : 854916363
Status : Answered
Chosen Option : 4

Q.34 What is name of the book by Navdeep Singh Gill that is dedicated to the Indian athlete Neeraj Chopra?

- Ans
- 1. Gold Medal
 - 2. Athlete of 2021
 - 3. The Hero of Tokyo Neeraj Chopra
 - 4. The Golden Boy Neeraj Chopra

Question ID : 854916330
Status : Answered
Chosen Option : 4

Q.35 Which of the following is the most efficient in eliminating odour and taste from water?

- Ans
- 1. Lead dioxide
 - 2. Ozone
 - 3. Nitric acid
 - 4. Fluorine

Question ID : 854916362
Status : Answered
Chosen Option : 2

Q.36 In Hindustani classical music, what is the unit of measure or small difference between the various consecutive pitches within a grama or a scale?

- Ans
- 1. Nibaddha
 - 2. Sruti
 - 3. Abhoga
 - 4. Svaras

Question ID : 854916342
Status : Not Answered
Chosen Option : --

Q.37 Which of the following power plants is located in the state of Uttar Pradesh?

- Ans
- 1. Narora Atomic Power Station
 - 2. Kaiga Nuclear Power Plant
 - 3. Kudankulam Nuclear Power Plant
 - 4. Tarapur Atomic Power Station

Question ID : 854916355
Status : Answered
Chosen Option : 2

Q.38 Which of the following types of forests are also called the monsoon forests and are spread over the region receiving rainfall between 200 cm and 70 cm?

- Ans
- 1. Montane Forests
 - 2. Tropical Deciduous Forests
 - 3. Tropical Evergreen Forests
 - 4. Mangrove Forests

Question ID : 854916351
Status : Answered
Chosen Option : 3

Q.39 In which of the following years was the Pradhan Mantri Kisan Samman Nidhi scheme launched?

- Ans
- 1. 2017
 - 2. 2020
 - 3. 2018
 - 4. 2019

Question ID : 854916350
Status : Answered
Chosen Option : 4

Q.40 By which constitutional amendment act were the Anglo-Indian reserved seats in the Parliament and State Legislatures of India abolished?

- Ans
- 1. Constitution (One Hundred and Fourth Amendment) Act, 2019.
 - 2. Constitution (One Hundred and First Amendment) Act, 2016
 - 3. Constitution (Ninety-ninth Amendment) Act, 2014
 - 4. Constitution (One Hundred and Second Amendment) Act, 2018

Question ID : 854916366
Status : Answered
Chosen Option : 1

Q.41 When was National Aluminium Company Limited (NALCO), a Schedule 'A' Navratna CPSE established?

- Ans
- 1. 1970
 - 2. 1981
 - 3. 1985
 - 4. 1975

Question ID : 854916347
Status : Not Answered
Chosen Option : --

Q.42 In the 2022-23 budget, the 'One class, one TV channel' programme of PM eVIDYA has been expanded from 12 to _____ TV channels.

- Ans
- 1. 250
 - 2. 200
 - 3. 150
 - 4. 100

Question ID : 854916344
Status : Answered
Chosen Option : 1

Q.43 Which of the following matches is NOT correct in the context of Indus Valley Civilisation's sites?

- Ans
- 1. Lothal and Dholavira-Gujrat, India
 - 2. Kalibangan and Balathal-Madhya Pradesh, India
 - 3. Rakhigarhi-Haryana, India
 - 4. Harappa and Mohenjo-Daro, Pakistan

Question ID : 854916335
Status : Answered
Chosen Option : 2

Q.44 Nathan Peerbaksh was the founder of the _____ school of Indian music.

- Ans
- 1. Jaipur Atroli
 - 2. Gwalior
 - 3. Agra
 - 4. Rampur Saheswan

Question ID : 854916340
Status : Not Answered
Chosen Option : --

Q.45 Which of the following Round Table Conferences was held in London from 7 September 1931 to 1 December 1931?

- Ans
- 1. First Round Table Conference
 - 2. Fourth Round Table Conference
 - 3. Second Round Table Conference
 - 4. Third Round Table Conference

Question ID : 854916333
Status : Answered
Chosen Option : 1

Q.46 The Ministry of Labour and Employment launched the e-SHRAM Portal, National Database of Unorganized Workers, on:

- Ans
- 1. 12 September 2021
 - 2. 5 November 2021
 - 3. 26 August 2021
 - 4. 18 October 2021

Question ID : 854916328
Status : Not Answered
Chosen Option : --

Q.47 Who among the following appoints a person who is qualified to be appointed a Judge of a High Court as an Advocate-General for the state?

- Ans
- 1. Prime Minister
 - 2. President
 - 3. Governor of the state
 - 4. Chief Minister of the state

Question ID : 854916365
Status : Answered
Chosen Option : 3

Q.48 Which of the following mountain peaks is NOT located in Uttarakhand?

- Ans
- 1. Makalu
 - 2. Kamet
 - 3. Chaukhamba
 - 4. Nanda Devi

Question ID : 854916352
Status : Answered
Chosen Option : 1

Q.49 Which of the following dance forms is related to the Jhum cultivation?

- Ans
- 1. Domkach
 - 2. Chhau
 - 3. Garia
 - 4. Bhava

Question ID : 854916339
Status : Not Answered
Chosen Option : --

Q.50 In 2004 the Union Government had hiked foreign investment limits in private banking to:

- Ans
- 1. 26%
 - 2. 74%
 - 3. 100%
 - 4. 49%

Question ID : 854916349

Status : Answered

Chosen Option : 3

Section : English Objective

Comprehension:

Select the most appropriate synonym of the given word.

SubQuestion No : 1

Q.1 Redemption

- Ans
- 1. Perdition
 - 2. Atonement
 - 3. Benevolence
 - 4. Accomplishment

Question ID : 854916374

Status : Not Answered

Chosen Option : --

Comprehension:

Select the most appropriate synonym of the given word.

SubQuestion No : 2

Q.2 Conserve

- Ans
- 1. pollute
 - 2. maintain
 - 3. disrupt
 - 4. purify

Question ID : 854916376

Status : Answered

Chosen Option : 2

Comprehension:

Select the most appropriate synonym of the given word.

SubQuestion No : 3**Q.3 Slacken**

- Ans 1. Loosen
 2. Fasten
 3. Frighten
 4. Tighten

Question ID : 854916373
Status : Not Answered
Chosen Option : --

Comprehension:

Select the most appropriate synonym of the given word.

SubQuestion No : 4**Q.4 Superficial**

- Ans 1. Trivial
 2. Terrible
 3. Significant
 4. Sensible

Question ID : 854916372
Status : Answered
Chosen Option : 1

Comprehension:

Select the most appropriate synonym of the given word.

SubQuestion No : 5**Q.5 Irascible**

- Ans 1. mutual
 2. willing
 3. shared
 4. grumpy

Question ID : 854916375
Status : Not Answered
Chosen Option : --

Comprehension:

Select the most appropriate option to fill in the blank.

SubQuestion No : 6

Q.6 Non-compliance _____ the rules can have dire consequences.

- Ans
- 1. over
 - 2. with
 - 3. for
 - 4. against

Question ID : 854916380
Status : Answered
Chosen Option : 1

Comprehension:

Select the most appropriate option to fill in the blank.

SubQuestion No : 7

Q.7 Are you travelling to Kolkata _____ train?

- Ans
- 1. by
 - 2. in
 - 3. from
 - 4. on

Question ID : 854916378
Status : Answered
Chosen Option : 1

Comprehension:

Select the most appropriate option to fill in the blank.

SubQuestion No : 8

Q.8 The man standing _____ him does not look too well.

- Ans
- 1. between
 - 2. beyond
 - 3. besides
 - 4. beside

Question ID : 854916379
Status : Answered
Chosen Option : 4

Comprehension:

Sentences of a paragraph are given in jumbled order. Arrange the sentences in the correct order to form a meaningful and coherent paragraph.

SubQuestion No : 9

- Q.9 A. But now complicated surgeries can be carried out without inflicting pain.
 B. Long ago when an operation was performed, the patient suffered terrible pain as he felt the surgeon cut into his flesh.
 C. James assisted his village doctor in boyhood and was most disturbed by the unbearable pain of the patients who came to the hospital.
 D. This has been possible because of James Simpson, who first discovered the pain-killing power of chloroform.

- Ans 1. ADBC
 2. BADC
 3. BCDA
 4. CDBA

Question ID : 854916382
 Status : Answered
 Chosen Option : 2

Comprehension:

Sentences of a paragraph are given in jumbled order. Arrange the sentences in the correct order to form a meaningful and coherent paragraph.

SubQuestion No : 10

- Q.10 A. He spent his day only reading, eating and sleeping.
 B. When his teachers asked him any question, he would answer it very promptly.
 C. Other than that, he didn't do anything.
 D. When Thomas was fifteen, he was a very intelligent and generous boy.

- Ans 1. DBCA
 2. DABC
 3. DCBA
 4. DACB

Question ID : 854916383
 Status : Answered
 Chosen Option : 4

Comprehension:

Select the most appropriate meaning of the given idiom.

SubQuestion No : 11

- Q.11 Wild goose chase

- Ans 1. A futile search
 2. An unnerving experience
 3. A wildlife expedition
 4. An adventurous trip

Question ID : 854916385
 Status : Answered
 Chosen Option : 4

Comprehension:

Select the most appropriate meaning of the given idiom.

SubQuestion No : 12**Q.12 To have sticky fingers**

- Ans 1. To have a tendency to steal
2. To be clumsy
3. To be nervous
4. To have an inclination to fight

Question ID : 854916387
Status : Answered
Chosen Option : 3

Comprehension:

Select the most appropriate meaning of the given idiom.

SubQuestion No : 13**Q.13 To be in the doldrums**

- Ans 1. To be in low spirits
2. To be in danger
3. To be in the limelight
4. To be in debt

Question ID : 854916386
Status : Answered
Chosen Option : 4

Comprehension:

Select the sentence that contains no spelling errors.

SubQuestion No : 14**Q.14 Select the sentence that contains no spelling errors.**

- Ans 1. The reading habit among school children has declined during the pandemic.
2. The reeding habite among school children has declind during the pandamic.
3. The reading habit among school childran has declined during the pandimic.
4. The reading habbit among school children has declind during the pandemic.

Question ID : 854916390
Status : Answered
Chosen Option : 1

Comprehension:

Select the sentence that contains no spelling errors.

SubQuestion No : 15

Q.15 Select the sentence that contains no spelling errors.

- Ans** 1. Mankind's experiance of evolutionary chnages from primitive to modren times has been varied.
2. Mankind's expearence of evlutionary changes from primitive to modran times has been varried.
3. Mankind's experiance of evolutionary changes from primitive to modern times has been varied.
4. Mankind's experiance of evolutionery changes from premitive to modern times has been varied.

Question ID : 854916389
Status : Answered
Chosen Option : 3

Comprehension:

Select the sentence that contains no spelling errors.

SubQuestion No : 16

Q.16 Select the sentence that contains no spelling errors.

- Ans** 1. Ideally, the use of machinery should be negligible and handicrafts should be made purely by hand.
2. Idealy, the use of machinery should be neglegible and handycrafts should be made purely by hand.
3. Idaelly, the use of machinery should be negligable and handicrafts should be made purly by hand.
4. Idealy, the use of machinery should be negligibel and handycrafts should be made purely by hand.

Question ID : 854916391
Status : Answered
Chosen Option : 1

Comprehension:

Select the most appropriate ANTONYM of the given word

SubQuestion No : 17

Q.17 Antagonise

- Ans** 1. Exasperate
2. Alienate
3. Soothe
4. Counteract

Question ID : 854916396
Status : Not Answered
Chosen Option : --

Comprehension:

Select the most appropriate ANTONYM of the given word

SubQuestion No : 18

Q.18 Stupendous

- Ans
- 1. Amazing
 - 2. Gigantic
 - 3. Unimpressive
 - 4. Unreal

Question ID : 854916395
Status : Answered
Chosen Option : 1

Comprehension:

Select the most appropriate ANTONYM of the given word

SubQuestion No : 19

Q.19 Profuse

- Ans
- 1. Bountiful
 - 2. Lush
 - 3. Liberal
 - 4. Sparse

Question ID : 854916394
Status : Not Answered
Chosen Option : --

Comprehension:

Select the most appropriate ANTONYM of the given word

SubQuestion No : 20

Q.20 Despair

- Ans
- 1. Cheer
 - 2. Gloom
 - 3. Mockery
 - 4. Sorrow

Question ID : 854916393
Status : Answered
Chosen Option : 1

Section : Subjective

Q.1 Write an essay of 150 words on any one of the following topics.

- a. My neighbourhood
- b. A day at an old age home
- c. The power of a smile
- d. No Pains No Gains

Case Sensitivity: No

Answer :

Possible Answer: NA

Given **A Day at An Old Age Home** As the time passes, a young person turns to old. Old age home is a place for such olders. I spent a whole day at such an old age home. I like to meet old persons filled with experiences of life. I was very close to my grand father. To revive old memories with my grand father, I decided to visit an old age home. As I reached there in the morning, first I met with the manager of the home. He introduced me to some old persons there. They all were doing some activities. It was a very great feeling to meet them. I talked to everyone there. They were happy to meet me. They made me laugh. They give me valuable lesson. It was a lovely experience to meet them. I really enjoyed. Everyone should spend some time to learn from their experiences.

Question ID : 854916397

Status : Answered

Q.2 Write a letter on any one of the following topics.

Write a letter to a friend telling him/her about your new hobby.

OR

Our cities witness a large number of road accidents every day. Write a letter to the Editor of a national daily expressing your concerns and offering solutions to this problem.

Case Sensitivity: No

Answer :

Possible Answer: NA

Given **45, Rajiv Colony, Gurugram March 22, 2022** The Editor, National Daily Subject: Concern regarding Road Accident. Dear Sir, Being a concerned citizen, I keep reading about the activities happening in our countries so I read your newspaper. Now a days, there is all about road accident which is increasing day by day. A life lost in an accident is really painful for me. Proper steps should be taken to minimize road accidents. Public awareness in this regard is must to ensure that no one lost life. At school level, proper education about traffic rules should be given. Traffic rules should be followed by everyone. Roads should be of high quality and international standards must be followed. Everyone must wear seat belt and do not talk while driving. No one drive while drunk. It is the duty of everyone to make road safer by properly driving vehicle and to follow rules. If someone takes care while driving, number of road accidents will be less. It is very important for me to express my concern and to offer some solutions and through your valuable newspaper, your readers will benefit from. Thanking You! Your Obligatory Krishna Kumar

Question ID : 854916398

Status : Answered

Q.3 Write a precise of the following paragraph in not more than 1/3 number of words of the whole passage. Also give an appropriate title.

Living a nine to five desk life can be demanding on health and wellness. Here is how you can keep the most common problems at bay. Even if you are not exercising you need to make sure that you maintain correct posture and sit at your desk in the right way. It is important that your chair is placed correctly and your legs are not left hanging. Constant typing, writing reports, and answering e-mails can exert your wrists leading to long-term damage. Make sure that you rest your wrist at regular intervals. Rotating your fists inside and outside provides much relief to strained wrists. Those who spend a lot of time looking at a computer screen are at a risk of straining their eyes. Keeping the computer screen at an optimal distance helps a lot in minimising strain to eyes. Use good lighting and make it a point to look at a distance away from your screen every twenty to thirty minutes.

Case Sensitivity: No

Answer :

Possible Answer: NA

Given **Desk Job and Health** Desk job demands health issues to be resolved. Sitting posture should be proper and not to hang legs. Various uses on computer can damage wrists. Keep doing exercises to relax wrists. Useing computer for minimum time and in proper light at safe distance can lower risk for eye.

Question ID : 854916399

Status : Answered

Q.4 Translate the following passage from Hindi to English.

हम समाज में रहते हैं और विवाह एक सामाजिक आवश्यकता है अपनी पुत्री के विवाह के समय पिता अपनी संपत्ति में से पुत्री को हिस्सा देता था जिससे उसकी पुत्री और उसका पति इसका उपयोग सुखी जीवन व्यतीत करने में कर सकते थे तब दहेज़ प्रथा के मूल में लाभ थे और यह उपयोगी थी अब दहेज़ का स्वरूप भद्दा हो गया है दहेज़-मृत्यु आम बात हो गयी है समाज में दहेज़ की जड़ें गहरी हो गयीं हैं कुछ कदम हो सकते हैं जिनके द्वारा इस प्रथा का उन्मूलन किया जा सकता है लड़कियों को उच्च शिक्षा अवश्य दी जानी चाहिए ताकि वे नौकरी प्राप्त कर के धन कमा सकें और स्वावलंबी बनें

Case Sensitivity: No

Answer :

Possible Answer: NA

Given **We live in the society and marriage is social necessity.** During marriage of daughter, a father gave a part of his wealth to her daughter so that his daughter and son-in-law could use to live happy life. At that time, profit was basis of dowry system and it was useful. Now dowry has become evil. Dowry-Death is common. The roots of dowry are deep in the society. Through few steps dowry system can be eliminated. Girls should be given high education so they can earn wealth by doing job and become self-dependent.

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Status : Answered